The Student Voice
2012-2013

Worcester State
University

The Student Voice

Volume 4, Issue 1 | The Official Newspaper of Worcester State University | September 25, 2012

Campus Construction: What has Already Been Done, and What is Next

By Ashley Arseneau

New and returning students alike this semester were greeted construction upon their arrival at WSU and will be seeing more of it as time progresses throughout next few years.

Currently the library is being refaced to have a more modern appeal. A metal over clad is being installed over the original brick exterior and will be finished before the calendar year is over. Also, the new exterior will be water proof as well to prevent water leakage within the building. Thermal qualities will also be brought up to modern code standards. Built in 1968, the LRC has already seen some renovation throughout the years; in 2010 the main floor was overhauled and a café was added to give students a more welcoming study space and place to recharge and grab a bite or drink at the same time. Also, according to the university's construction website, in 2009, "the Massachusetts Renewable Energy Trust, now the Massachusetts Clean Energy Center, awarded the Massachusetts Division of Capital Asset Management $560,000 to support a 105KW roof-mounted solar photovoltaic installation on Worcester State's Learning Resource Center." Thus making the building a greener place and creating less of an energy need.

There will be more projects in the near future as well. These include a Health and Wellness Center and also a new residence building which will include a new dining hall with expanded capacity. Recently, at the President's Brunch on September 22, WSU President Barry Maloney spoke about the construction and said that the new dining hall would be able to seat over 600 people.

The new residence building that will house this larger dining hall is slated to be open in 2014. It will be located overlooking John F. Coughlin Field. The new dorm will house more than 400 students and will help take care of the high demand for housing on campus and give more students the experience of residing on campus.

The new Wellness Center will open sometime during the

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Photo By: Erika Andersen

Student Story Corner

We would like the Student Voice to be able to capture the lives of students at WSU. So we created this Student Story Corner where students can submit stories along a certain theme. The current theme is Awkward Moments.

We, like many of you unfortunate souls out there, tend to be a magnet to awkward situations. In hindsight though, we are able to laugh at each situation and generally do not regret the experience. Here is a favorite awkward experience that has happened to one staff member recently.

For following issues send your own awkward moments to studentvoice@worcester.edu and the best ones will be posted. They can be long rants or short anecdotes. If you wish to remain anonymous, you got it!

Here goes,

This story needs a small introduction. There is a rope swing, in Hubbardston I believe, and I frequented this rope swing this summer. One day I could not find my bathing suit so I wore a pair of cutoff shorts that I never wear anymore. What slipped my mind was the reason I had stopped wearing them - they had grown very tight. Naturally, amid the physical activity I was engaged in, they ripped right down the crotch. A nice, big, thorough rip. But hey, I was wearing boxers and so the experience went almost unremembered, a trifle I threw into the back corners of my memory as I threw the ripped shorts into the back corner of my laundry rather than into the trash.

One morning, weeks later, also only a couple weeks ago, I woke up in a groggy haze after a long night. It was Saturday and my friends wanted to start our day at Gold Star Diner. I

Continued on page 2

Continuation of Student Story Corner

didn't have time to shower so I thought to myself, "Oh, I'll just shower when I get home, in the meantime why waste good clean clothes?" So I stayed in the shirt I was wearing, grabbed a pair of old cutoff shorts that I never wear, and "Hey, why waste a pair of boxers if I'm just gonna change out of them in an hour?" So I went commando. Don't judge me. You've done it.

Something was amiss at Gold Star. The people in the booth across the aisle to my left were looking at me very strangely and were visibly uncomfortable. Of course I thought it was they who were acting strange. Twenty five minutes or so go by. I had ordered and eaten my food and I went to get my phone out of my pocket. I look down and lo and behold, my entire male anatomy was out in the breeze. I need to stress here, the rip in these shorts was substantial. There wasn't just a hole that you could see a little bit into. Everything, and I mean all of it, was out there.

I understood. The people next to me, still shifting around, glancing at me sideways - I understood. And the waitress! She had come and stood right above me - the table did nothing to block her view. She definitely saw my penis. Good Lord, Jenn, you've been my waitress at Gold Star for years, What have I done?

So I start freaking out realizing that the shorts are so tight on me that while I'm in a sitting position I literally cannot put my junk back into my shorts. I just can't. There's no room. My friend Rachel had an idea, she gave me her purse and told me to just hold that over myself and walk out. It was a very small purse but what else could I do? I held it in front of my crotch and in a bent over, very suspicious looking manner I ran out the door with her purse. This attracted the attention of all the people I had to run past, all of them thinking I'm some guy who just stole a purse. So a few of them followed me out to the parking lot and crowded around and stared at me. We stared at each other for a while before they realized I wasn't running away with this purse. Everyone was confused.

My friends paid their bill and met me outside and I gave the purse back to Rachel. The people outside soon realized I was not a thief and went back inside. I drove home with a hat over my crotch and when I arrived I did what I should have had done a long time before. I threw those damn shorts in the trash.

Editorial Staff

Editor in Chief: Ashley Arseneau
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Associate Co. Editors: Matthew Cunsolo, Thom Friend
Business Manager: Marissa Roberetson
Advisor: Steve M. Miller, Jr.

Staff Writers: Joseph Nawn, Joseph P. Labaire

The Student Voice meets every Thursday at One Lancer Place in the Student Center at 2:30 p.m.

To contact us, please send an email to studentvoice@worcester.edu

The Student Voice withholds the right to edit any and all submissions as it seems fit.

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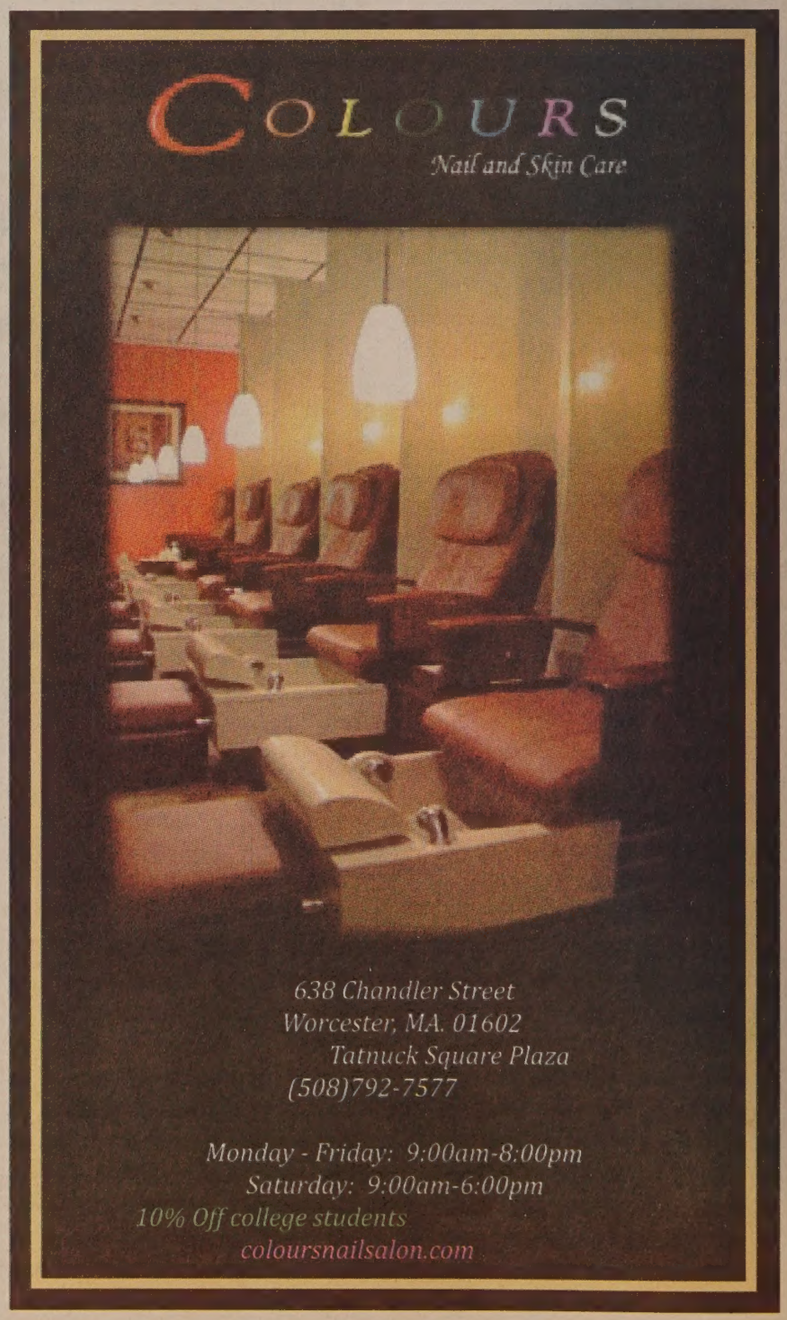

Slut Shaming and its Negative Effects on the Female Gender

By Marissa Robertson

Sitting in the LRC Cafe recently, an ongoing problem was brought directly to my attention: slut shaming. At the table to my left, a group of guys were talking about their weekend, when I overheard this particular statement said in an almost congratulatory sort of tone to his friend, "Man, that girl is such a slut." A short while after, two girls walked past my table and I heard a similar statement, but instead was emphasized with a tone of disgust, "Ew, that girl is so slutty."

In a culture that holds women to an impossible double standard, all too comfortably accepts sexual abuse and rape, as well as holds a mindset of victim blaming, we should analyze and consider what is really being said when we use and accept the word "slut."

Firstly, a woman's sexual past, number of partners, preferences, orientation, etc. are nobody's business but her own. While mainstream media promotes a culture of masculinity that includes bragging about the number of women a man has slept with, it also promotes the idea that a woman's entire being can be judged by her sexual activity.

In our society, a woman is supposed to be a pure innocent virgin, while at the same time, not being too much of a prude, while also making sure she is not a "tease." Even a woman who is confident with her body, opinionated, friendly, or just generally different in some form can take on the label "slut" without it being linked to any sexual activity.

In fact, according to Finally, A Feminism 101 Blog, in the English language alone, there are "220 words for a sexually promiscuous woman but only 20 for a sexually promiscuous man," which blatantly shows the different standards men and women are held to when it comes to sexual reputation.

A woman's clothing can determine the amount of respect given, as well. Usually, women who wear clothes that are considered to be revealing are coined "sluts." A woman's fashion choices should not dictate the amount of respect she is given and whether she is treated with common decency. When it comes to cases of rape and sexual assault, the question is usually asked, "Well what was she wearing?" This insinuates that somewhat revealing clothes means she was "asking for it" or that she was not being careful enough, putting the blame on the victim instead of the suspect.

Even though it may not seem like a big deal to call somebody a slut, it can easily ruin their reputation. This reputation can have negative effects on their personal life, as well as a woman's self-esteem and confidence. It is used to attempt to make a woman feel humiliated, guilty, inferior, dirty, and unaccepted.

Along with this, a woman's reputation can also be used as "evidence" against her when it comes to cases of rape and harassment. What is her sexual history? What is her reputation? What was she wearing? How many partners has she had?

So, when it comes to slut shaming and bashing, speak out. If a friend or acquaintance participates in this, explain to them the consequences of their seemingly innocent words. Within ourselves, try and recognize patterns of misogynistic thinking, and do not participate in slut bashing, guys and girls alike. It may just seem like a word without consequence, but it is anything but that.

Continuation of Campus Construction

2014- 2015 academic year. The 100,000 square foot facility is part of a list of project in the Commonwealth Capital investments. "Our student athletes and the general student population will benefit greatly from this new facility," said President Maloney. The current gym building is only made to serve 400 people while the campus population is somewhere around 6,000. "Not only will it support our educational programs, athletic programs and student fitness, it will be a terrific community resource," said President Maloney. Wellness Center construction will begin in early in 2013 according to the Construction Web page.

One thing the students can already see in completed and be excited about is a community garden that was built over the summer. The garden is located across the street from the campus and is a collective effort being maintained by WSU staff, faculty, and of course students. Anyone looking to learn more about campus construction is encouraged to visit www.worcester.edu/construction

For more information on WSU construction, people can also keep check the Student Voice each month for updates. Also, breaking updates will be made available on our website wsstudentvoice.wordpress.edu in between issues.

Calling All Wordsmiths!

Are you a...

- Writer?
- Poet?
- Master of Rants?

The Student Voice now accepts student submissions of any kind. What are we looking for? Student poetry, short fiction, non-fiction, and opinion pieces are all acceptable submissions. We will even consider papers written for school that you feel would shake the very foundations of the earth if they found their way into the hands of your future faithful sycophants. You may be wondering to yourself, "This is a newspaper I am holding, isn't it?" Astute observation, my inquisitive friend! Yes, indeed, this is a newspaper. However, if you turn to the front page you will note that it has been deemed the *Student* ***Voice*** Newspaper. We want to hear your voice. Consider this an opportunity to be heard by millions (editors may dream, may they not?) of eager readers.

Please do not feel as though submitting to the *Voice* is a commitment of any sort. If you wish to remain anonymous, your identity is almost definitely secure with us. While we cannot guarantee that your submission will go to print (we only have so many pages), we can insure that an editor will review your article with care and consideration and will promptly respond to you.

Email submissions and inquiries to: studentvoice@worcester.edu or stop by our office on the third floor of the Student Center, Rm 320 during the office hours that are posted outside.

Vivat vox populi,

Thom Friend,
Co-Associate Editor
The Student Voice

WHERE IS LANCERMAN?

Where would a knight like to be?

Not in a house, not in a tree.

Good Lancerman, relaxed is he

Inside a real castle, in our very own city.

For those who know local history,

The monument was commissioned by Stephen Salisbury.

Find Lancerman and post a picture of your find to studentvoice@worcester.edu (put LANCERMAN in the subject line) and you'll win **a $10 gift card to Nu Cafe** Or bring him to our office and win the gift card plus a special bonus prize.

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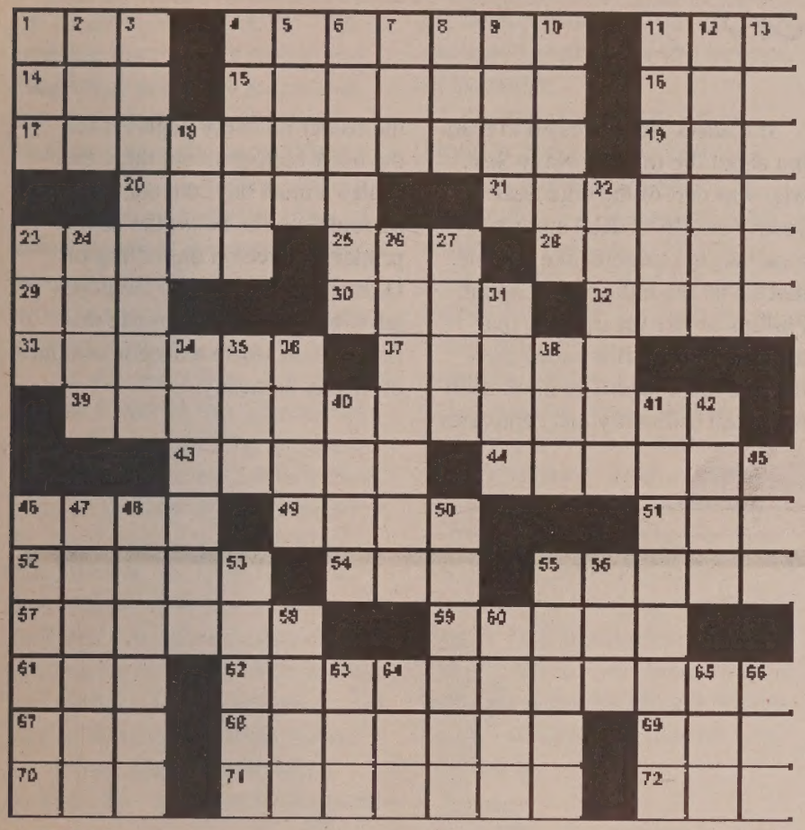
SPREADING IT ON THICK

By Tim Burr



UNIVERSAL Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

4						5		
				2	5			4
			3				8	6
		1		7			3	
		8	1		9	7		
	2			4		9		
8	1				3			
9			6	1				
		6						1

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DIFFICULTY RATING: ★★★★★

ACROSS

1 Get ___ of (eliminate)
4 Mexican-American
11 They prosecute perps
14 Is, for more than one
15 Titles differently
16 "Now" or "long" preceder
17 Kid's lunch, perhaps
19 Frequent Warhol subject
20 Woman's name in a Beethoven title
21 Skewer offerings (Var.)
23 Mortise's partner
25 Ultimate degree
28 The "A" in A/V
29 Granola bar morsel
30 "Take ___ Train"
32 Back of the bus
33 Baltimore catcher, say
37 Cow in milk ads
39 Patti LaBelle hit
43 Low end of the deck
44 Consisting of more than one
46 It has feet in a line
49 Stone paving block
51 Spanish mama bear
52 Madison's neat roomie
54 Homer Simpson outburst
55 Stares with open mouth
57 Observed visiting
59 Makes, as a salary
61 Features
62 Threats along the beach
67 Final (Abbr.)
68 Candidate who lost
69 Diner's snippet
70 Abbr. of politeness
71 Insecure bettors
72 Test, as patience

DOWN

1 Former British rule in India
2 Tax-deferral vehicle, for short
3 Senility
4 Jeanne of "State Fair"
5 Cacklers in coops
6 Start a new paragraph
7 Blackbird's call
8 "What ___ bid?"
9 Flamingo feature
10 Milo of "The Verdict"
11 Solve, as a cryptogram
12 Petroleum-packed peninsula
13 Motion detector part
18 ___-mo (replay technique)
22 Chest of drawers
23 A number's homophone
24 Counterpart of a count
26 In that direction
27 Skipper's spot
31 On the double, briefly
34 They're often out
35 Caustic cleanser
36 Ostrichlike birds
38 Mariah Carey's "___ Be There"
40 Got a top grade on
41 Finesse stroke in tennis
42 Relaxed condition
45 ___ Palmas (Canary Islands port)
46 Pecs strengthener
47 Early tie
48 Casts out from the body
50 "___ coming to take me away!"
53 Hindu prince
55 Shows satisfaction, in a way
56 True or false (Abbr.)
58 Kind of "vision" or "type"
60 Way out there
63 Drug that might cause flashbacks
64 Nautical journal
65 Be inaccurate
66 Shoat's home

Find solutions to puzzles on our website...
wsstudentvoice.wordpress.com

Book Review: Through the Eyes of One of the Heroes that Killed Osama Bin Laden

By Joseph Nawn

The raid that occurred on Osama Bin Laden's compound in Abbottabad, Pakistan during Operation Neptune Spear has become one of the most significant military operations in the history of the United States. In the late hours of May 2, 2011 millions cheered and celebrated over the death of the head of the jihadist group known as al-Qaeda. Many reports surfaced after the notorious terrorist was killed and some stories were stranger than the last. When the CIA and the government want something kept secret than they will keep it secret.

Some things may leak and people will put these fragments of the story together in order to create something that they believe to be the truth, but unfortunately if someone were not there, and they were just watching the whole thing from a television or computer than chances are they have created a tale of fiction and turned it into what they believe to be the truth.

Luckily for us, the first primary source on Operation Neptune Spear was finally released on September 4. With the book, *No Easy Day: The Firsthand Account of the Mission that Killed Osama Bin Laden,* we not only get a glimpse of the mission that took out the famed Laden himself, but we also get an in-depth perspective into the life of a real Navy Seal.

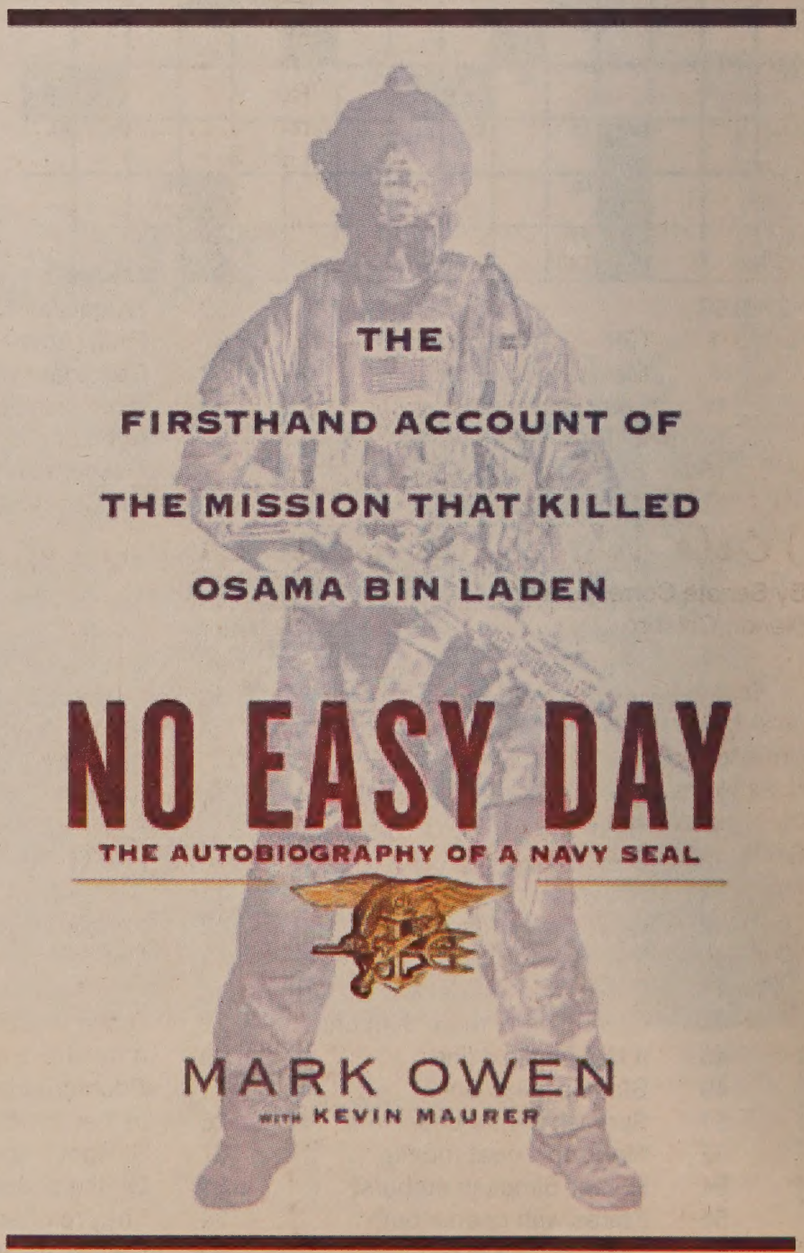
The primary author, Mark Owen, is actually a pseudonym he uses to protect himself and his family. As a matter of fact he also just did an interview with *60 Minutes* where he had a make-up team completely alter his face while having his voice distorted, so one can see how seriously he takes anonymity when it comes to himself or his other friends involved in the mission.

If people can recall the controversy this book started when it was about to be published then they will remember that the controversy was based around Owens' failure to send the book to the Pentagon before it was published to make sure no secrets or sensitive information was leaked. As a matter of fact Defense Secretary Leon Panetta is now suggesting that Owens could be penalized for not seeking military or government approval before publishing this book.

Nonetheless in the Author's note Owens claims that he has changed the names of all of the people he mentions in order to protect their identities' and also that he and co-author Kevin Maurer took necessary steps in the writing of the book to make sure that sensitive information was not leaked. Owens claims that he merely wanted to publish it just to set the record straight about what happened at the compound in Abbotabad that night and he does a brilliant job at doing so.

The book itself runs about 300 pages, but is written in such a fine and captivating manner you might feel like it is shorter. The authors are able to give all of the character enough depth to develop a strong connection between the readers and the characters. Once you pick up this book you will not want to put it down and it is no wonder that it just recently bumped off *Fifty Shades of Gray* for the top spot on the best seller list after having sold over a million copies (not including digital copies) in its first week of sales. In fact the demand for the book was so high from the presales that the book's publishing company, Dutton, decided to release the book a week earlier on September 4 instead of September 11.

If readers are interested in reading about the life of a Navy Seal who was part of the elite Seal Team Six (DEVGRU) and who took part in missions like the one that saved the kidnapped Captain Phillips or like the mission that took out Osama Bin Laden then this is a must read. The book itself is written brilliantly and captivates the reader on every page. As for the book collectors out there this is also a must buy; the controversy surrounding the book, the first primary source on the killing of Osama Bin Laden, and the popularity of the book will make this first edition worth a decent amount of money someday.



Who Knew About Woo U

By Joseph P. LaBaire

We all know where we were on September 11, 2001. The images that played out on the television are forever burned into our memories like a bad dream that came true. While we are all busy getting used to being in the academic state of mind again, it is important that we reflect on that tragic day, what we lost and what we have gained from it.

As you walk from the student center towards the Ghosh Science Center past the gym you may have noticed a tree with a plaque in front of it dedicated to those lost in the attacks of September 11. If you look on the wall next to that tree you will see the name Robin Kaplan on another plaque. Who is this individual? She is a graduate of Worcester State (Class of 1990). This woman once walked the same halls and sidewalks as we walk today. Sadly, on September 11, 2001, Robin's life was cut short by the actions of terrorists.

Kaplan grew up in Framingham, MA and worked for the TJX Company (owner of the stores; T.J. Maxx and Marshalls) for 8 years prior to her passing. For most of her life Robin lived with Crohn's disease, also known as regional enteritis, which is a type of inflammatory bowel disease that may affect any part of the gastrointestinal tract. Despite her illness, she stayed strong, enjoying watching Boston Bruins games, listening to Eric Clapton and hanging out at the beach. Robin will always be remembered for her smile and the fact that she was always willing to lend a hand to a person who needed it.

Since 2004, a charity golf tournament has been held annually in Robin's honor to keep her memory alive and to fulfill her wish of helping children battling Crohn's Disease and Colitis. Proceeds from this event are donated to the Crohn's and Colitis Foundation of America (CCFA) camps across America as well as kids programs. Since its inception, the event has raised over $900,000 benefiting the CCFA.

Our world has changed drastically since those towers fell. Wars, terrorism, the economy, after we are done with our academic lives we are in for quite a surprise on how hard it is out there in the real America. We are fortunate to have the opportunity to immerse ourselves in a state of academia where we can build our minds as well as forge everlasting friendships. It is our duty as the next generation about to enter today's working class society to be able to adapt and keep our head during the changing times we all will and must face

On days when school work has you down just think about Robin and the countless others that were lost one day in September of 2001 and remember how lucky you are to be alive and to have a future full of so many possibilities waiting ahead.

If any of the Worcester State faculty or students would like to make a donation to the CCFA in Robin Kaplin's name, please send a check or money order to:

Robin Kaplan Memorial Fund
P.O. Box #1577
Westborough, MA 01581.

Of the Woo, for the Woo, by the Woo: Your WSU Student Government

By Senate Correspondent
Marion Calabro

September brings a fresh face to Worcester State University. A new freshman class is embarking on a fresh educational frontier. Construction to the WSU Wellness Center will soon begin. On September 21 the inauguration of the 11th Worcester State University President, Barry Maloney, took place. The nation is also on the cusp of the National Presidential Election.

It is also a new term for Worcester State University's Student Government Association.

The Student Senate, SGA President, and Student Trustee, are Worcester State students elected by their peers to represent student interest. This includes the use of the Student Activity Trust Fund (SATF) and providing a student voice to WSU administration.

This year the WSU Senate is striving to increase relevance of student government on an evolving campus through attaining a full Senate and increasing the accessibility of senators.

Worcester State Student Government Elections held September 25 and 26 will provide a new team of WSU Senators to represent students and bring these goals to life.

WSU Senate also has a recently created twitter handle @WSUSGA in addition to their facebook page facebook.com/WSUSGA.

The Student Senate will continue its column within The Student Voice, Worcester State's student run newspaper, to put updated SGA news in the hands of WSU students.

In partnership with TWA, Senate is also offering Voter Registration events for the November State elections. Voter Registration forms along with Absentee Ballot Applications are available from both groups. The forms are also online at the Mass.gov website. The Voter Registration Deadline for the November 6 elections is Wednesday October 17.

Student investment is the crux of any higher educational experience. If students want to exemplify the Worcester State University spirit of "(changing) the way the world works", they must only stand up and get involved.

To learn more about opportunities for involvement through Student Government email sga@worcester.edu or stop in at Senate's weekly open meeting: Thursdays 4 p.m. in the Foster Room.

Senior quarterback Corey Spencer looks (#17) for an open receiver in a 27-20 triumph over Westfield State on Saturday. Spencer finished 24-for-32 while he passed for 239 yards and one touchdown in the victory over the Owls

WORCESTER STATE LANCERS

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Volume 4, Issue 2

The Student VOICE

The Official Newspaper of Worcester State University

November 1, 2012

Who Knew About Woo U: Your Voice

By: Joseph P. LaBaire

As most of you already know, we are currently in an election year that will prove to be historical in our country's history, no matter what the outcome. It is our duty as American citizens to exercise one of our greatest rights, the right to vote.

I recently did a poll on campus and found that for the most part, a lot of you (students) here at Worcester State are registered voters and this will be the first presidential election you have ever partaken in. Voting is a big moment in one's life. It puts a young person one step closer to being an adult, which means making decisions based on knowledge and facts, not opinion.

Since the beginning of this semester there has been a lot of talk on campus about the election. Walk down any hallway and you will probably hear a professor talking politics when he or she should be teaching Calculus or something else not related to politics. Sometimes these trusted sources of information (professors) will even go as far as telling their students who they should vote for. Trust me, I'm all for freedom of speech (our 1st amendment), but at what point does free speech become persuasion?

Do not trust everything that your elders or the media tells you. The purpose of your experience here, in a higher learning establishment, is to learn how to think critically for yourself. I know the workload of the semester can be heavy this time of year and the last thing you want to do is more research than necessary. However, if you have some free time before the elections, do yourself a favor and do some research on both of the presidential candidates. Vote because you want to, not because your parents, professors, or friends tell you to. You have a voice and your message should be heard.

Be proud of yourself, your voice, and your right to vote. Election Day is Tuesday, November 6. Do not let this opportunity pass you by. Speak up and may the best candidate, the right candidate, win.

Worcester State Students Participate In 'Light The Night'

By Lindsey Bullen

Editors Note: Lindsey Bullen is a WSU Senate member contributing this article as an account of the WSU students participating in the 2012 'Light the Night' walk.

On September 20, Student Senate was approached by a representative from the Leukemia and Lymphoma Society. The question posed to Senate was this: Would Worcester State like to create a team of students to help 'Light the Night' with hundreds of others at their annual Worcester walk on Sunday, October 14?

Within ten minutes, a plan had been put into motion to rally the campus community to action. By the next day, an official Worcester State team had formed, a Facebook event was created, all student organizations were notified and asked to participate, and attempts to fundraise and spread awareness for the cause began.

The end result was a team of twenty students from all areas of the campus community, donned in WSU's signature blue and gold, walking down Shrewsbury Street on a beautiful fall night, carrying symbolically colored red, gold, and white balloons to pay tribute and bring hope to people battling cancer. Needless to say, it was a truly touching moment.

The night kicked off with a rally in Cristoforo Colombo Park on Shrewsbury Street. Anyone who raised over $100 was deemed a "Champion for the Cure" and was granted balloon of their choice. Red balloons signified supporters of the cause, gold balloons were in memory of someone who lost their battle with cancer, and white signified a cancer survivor. Inside each balloon was a small light bulb that could be turned on and off, hence the name of the walk: Light the Night.

Personal stories of those lost to cancer were shared, as well as stories of hope and survival. When indicated, those who were

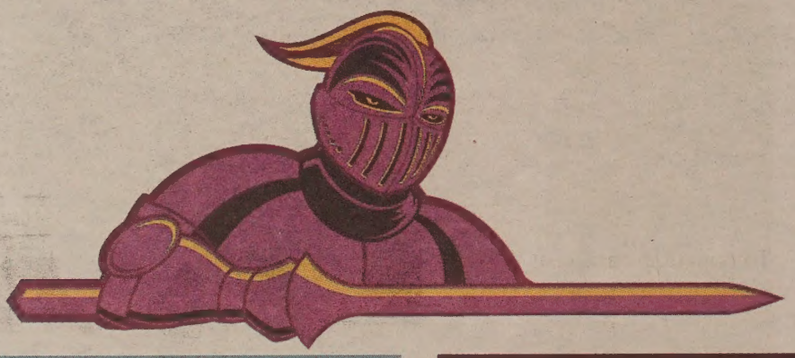
Continued on page 3

WHERE IS LANCERMAN?!

In the spirit of Halloween, Lancerman has been buried alive somewhere on campus.

Keep your eyes peeled for his headstone, but bring a shovel because you'll have to dig him up.

Bring Lancerman back to the Student Voice office – Room C320, 3rd floor of the Student Center
And receive a $10 gift card to Nu Café!



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Continuation of Worcester State Students Participate In 'Light The Night' on page 1.

survivors of cancer and possessed white balloons were asked to turn their light on and raise the balloon proudly in the air. Then, those possessing gold balloons in memory of a loved one lost were asked to do the same. Finally, the red balloons were raised and lit.

Standing in the large park with October winds blowing on your face and seeing a sea of balloons floating in the air, it was hard not to feel a mix of emotions, whether it be heartache, hope, or just the amazement that right before your eyes, something bigger than yourself was occurring.

Cancer takes away so much from those it touches, whether it be the patient themselves or the caretakers, family, and friends of those inflicted by such a tumultuous, unpredictable disease. All share in the pain of cancer. It was empowering to see what happens when hundreds of people who are tired of the pain, gather together to fight back against such a ravenous and relentless disease that has no consideration for those it strikes, proving that there truly is strength in numbers.

The Worcester State student team alone raised $480 dollars which will go towards lifesaving research and patient services. Donations are still being accepted.

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Box of Vox

Fall

I hate this time of year.
I get violated by critters of all kinds.
Finding what they can and making homes in me.
People come and stare and say,
"Oh, look how beautiful it is."
No! No it's not! I'm naked!
The grass dyes around my roots.
My leaves are ripped off by the wind.
I'm stripped to my bones.
Since when are bones beautiful?
There's nothing to protect me from the chills that come.
Each night colder than the last.
It's terrible!

The pines mock me with their lush branches.
Their funny looking leaves never change and leave them.
I do however get my justice.
When winter is in progress,
the people murder one of them.
They prop its lifeless body inside their home,
and put funny things on its
branches.
That's that only thing that brings me comfort
during this dreadful time of year.

-Laura Alty

Negativity

Negativity is the starting point of unhappiness
People need to put their judgment aside
So together as humans we won't collide
We need to stop judging people on their skin tone
Or we will find ourselves in a panic zone
So before you try to put somebody down
Look in the mirror and see that you don't have a crown
You are not a king, or any different than us
So when you have a bad day try not to cuss
Instead bite your lip and be happy to be alive
Because there are people in this world who don't get to see
The sun rise.

-Alec Mastrototaro

Editor's Note:

Due to the pleasing number of student poetry submissions for the month of October, next month's Box of Vox column will play host to the first Student Voice Poetry Contest. Please submit one poem to studentvoice@worcester.edu by November 31. The winner will receive a $10 Barnes & Noble gift card. There are no constraints on the theme or form of the poem, but if you submit your own Epic, we might have difficulties fitting it into our limited amount of space. So go easy, Homer. That being said… good luck, and look for the winner in next month's issue.

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Binaural Beats Helps with Issues Including Concentration and Studying

By Matthew Cunsolo

Are you the kind of person who needs to get up and go somewhere in order to do schoolwork? Personally, I can't focus very well in my room. I fatigue quickly and my mind tends to wander much more easily than it does in a classroom environment. If this happens to you, you may have heard about those scientific studies that have confirmed that when someone tries to do homework while sitting in bed, their brain is in sleep-mode merely from being on that bed and thus is ill equipped to focus. Conversely, if you do too much schoolwork in bed, your brain will associate bed with work-mode and you will have a hard time sleeping. An interesting and relevant side-note, this however, is not what I'm here to tell you about. I am here to propose a solution.

I find places like cafes (the library cafe here at WSU, Nu Cafe, The Bean Counter) much more conducive to long periods of schoolwork. But there is one problem - the noise. The energy of the room somehow enlivens me in a way that sitting alone in a quiet room does not, but it always has the undesirable side effect of loud interruption of concentration. Good news comrades, I have found the cure and I wish to share it with you.

With the use of binaural beats, you can turn any crowded, noisy room into the perfect, focused, ultra-zen study zone. The binaural beat is an auditory phenomenon that is actually created by your brain. One solid frequency is played into your left ear, and then another at a slightly different frequency is played into your right ear. The result is a low frequency pulsation that appears to your ears to be very real, but is in fact an illusion created by your brain. You can test this by putting only one headphone in at a time. You will notice that you are really listening to two, solid sounds, that when combined sound like waves of pulsation.

This is more than just a cool parlor trick; there is a huge range of applications for binaural beats. See, because the pulsing effect is literally created by your brain, these frequencies can influence your brain directly. The frequencies are broken down into what they call Alpha, Beta, Gamma, Delta and Theta waves. The technicalities behind the nomenclature (look it up if you don't know that word) here is not important, all you need to know is that each type of wave frequency will affect you differently - Alpha being the highest frequency and Theta the lowest. The effect of listening to binaural beats over extended periods of time - that is also important, the longer you listen the more it works - is that you become more alert, more focused and more productive. Either that or you will become very peaceful and relaxed. Generally, higher frequencies promote productivity and energy whereas lower frequencies are perfect for meditation or simply unwinding after a long day. It's different for everyone so try out different frequencies and find what works for you.

It is imperative that you use stereo headphones or this will not work. If you want to use this as a study aid, get a pair of noise canceling earbuds and the earplug quality of the headphones, combined with the noise of the binaural beats will be enough to turn any loud room into pure zen. Ok so where do you find these? They're all over the Internet - just Google them. Many are actually binaural

Continued on Pgae 7

Lines Within Lines

By Thom Friend

Susan, I'm weary. I'm weary of this creaky old house and that crummy old car. I'm weary of this out-of-tune piano that I cannot play, and the dusty books on top of it that I have never even considered reading. I'm weary of the long winter and when it's spring, I'm weary of the never ending days. I'm weary of the traffic light at the bottom of the street that starts its day before I do and flashes yellow all night and never ever get's tired. I'm weary of pork chops and steak and chicken and turkey and your delicious pot roast. And I'm weary of every wine. I'm weary of our children and our children's children and I pray to God that they have no children because there's nothing more wearisome than a new-born's distorted, screaming face on the day that it enters this worn out world.

I looked into the mirror this morning, Susan, (or was it yesterday?) and I saw lines that were not there last night. And within those lines I saw other lines that had been there for hundreds of years and.. well you can see my problem. I fell asleep in the recliner last night with a glass of chateau and I dreampt that it crawled, the glass, ever so slowly, up the cuff of my sleeve. I trembled, Susan, as it inched upward and upward to my neck and I felt the cold glass on my Adam's apple and it felt like pressing my nose against the glass at the zoo, at the penguin exhibit. Do you remember the penguins?

No, of course, it was before your time. Well there used to be penguins at the zoo on 4th St. but the zookeeper had been cleaning the glass with this new solution and it made the penguins ravenous. They were crowding the window and licking the glass. Licking, Susan! If you can believe it… Most people don't realize that penguins even have tongues, but they do. They would remind you of a cat's tongue except more spindly and slimy looking. But anyway, they would get their fill of the cleaner as the visitors to the zoo looked on with smiles ear-to-ear. And the zookeeper was well and pleased because so many people started visiting the zoo. So many, in fact, that he decided to make the glass-cleaning a daily occurrence.

Well, one morning the penguins began acting queer. After breakfast, they came to lick the glass as usual, fighting for an open space, with the children pressing their noses up against it opposite them, employed in a similar fashion. But one of the penguins stopped licking and went stiff, stiff as a board. He stared forward at the glass and began to sway, ever so slowly. The other penguins, one by one, fell under a similar trance. Undoubtedly, some chemical in the cleaner was affecting their motor skills and today's liberally-applied coating marked the overdose limit. The children, naturally, loved this new and unexpected show, and everyone got a chance to come and look at the ridiculous things, swaying there, drunk on glass cleaner. No one, however, foresaw what would happen next.

One of the penguins snapped out of his trance and approached his nearest compatriot. He began mercilessly pecking at the other's eye, the wretched thing. One by one, they all awoke and began pecking at one another, making the most awful noises, trailing bits of one another from their beaks. Some parents were trying, in vain, to withdraw their children from the glass, others just stared on, paralyzed by this bizarre occurrence.

That was the last day the zoo on 4th was ever open. Shame, it was a nice little zoo, well-kept... Well, anyway, where was I? Oh, yes. That was just how it felt, that wine glass upon my neck, just like the glass at the penguin exhibit. So up and up the glass went, trailing one thin line of wine down my neck and onto my collar. It finally reached my mouth and clasped to my lips. I tried to pull it way, but it was suctioned there, squid-like and filled to the brim. I grasped for air and found wine instead. My vision became cylindrical and the sound of my own choking began to drift further and further away. But the wine, oh the wine tasted wonderful, Susan. And this morning, or maybe it was yesterday morning, that's when I noticed these new lines on my old lines and I swear they must be at least a hundred years old.

Entertainment

Moving in Stereo: Musicians from Near and Far

By Ashley Arseneau

The music scene in Worcester is made up many different types of acts. There are rock bands of all kinds, reggae bands, dub step artists, hip hop groups and rappers, the more classical acts you can see at Mechanics Hall or Tuckerman Hall from Music Worcester, and yes even a few country artists are thrown into the mix. Diversity is part of what makes the music scene in Worcester so great. In a city that is so small, we have a little bit of most of everything at our disposal, live, without having to go all the way to Boston unless we want to.

Earlier in October, I was invited by The Alchemystics, a band from the Northampton/ Amherst area, to their most recent show at The Lucky Dog. For any of you that have not been lucky enough to head down there for a show, The Lucky Dog is a local bar that puts on live music shows most nights of the week and is very close to campus, just being on Green St. They host a multitude of different acts whether it be '80's cover bands, reggae/ hip hop groups such as The Alchemystics, metal bands, and all the rock you could want. Unfortunately, it is 21+, however it is well worth the wait until you can get yourself in the door.

As previously mentioned, The Alchemystics are a hip hop/reggae group. According to their drummer, Demse Zullo, the best way to fully describe the music would be "a mix of conscious hip hop, reggae, soul music and dub." Zullo also said that there are intentional messages to the music and they also intend to make people dance to their music.

Dance they did during The Alchemystics set. By the time the group took the stage a few minutes before midnight The Lucky Dog had filled up from a decent sized crowd to the area around the stage being completely packed. Before they took the stage they had rapper Catalyst, who appears with them on a few tracks, rap about random objects brought up to the stage from their pockets. He was able to carry this on for a good minute and a half.

The band has been together in their current lineup for over four years and according to their Facebook The Alchemystics originally formed in 2004 and show no signs of slowing down. Anyone looking for a good party can be sure they will find it at one of their shows.

If you cannot make it to a show or just want to hear them for yourself, email spread.hope6@gmail.com to receive a free download of their album Spread Hope. They are also on FaceBook, Spotify and can be found on their website http://www.alchemystics.com/ .To see my videos of their set at The Lucky Dog go to www.studentvoice.wordpress.com .

Country Music in Worcester?

Yes indeed there are country music artists in and around Worcester. We the Worcester State Community are lucky enough to have one as a member of our campus community.

Erin Ollis is a WSU student and singer who has garnered national attention. She was named the 2012 Future Star Female Vocalist of the Year at the North America Country Music Association's competition in Tennessee according to her website.

Ollis grew up singing classical music but in recent years she has drifted more towards country after being inspired by the likes of Kenny Rogers, Carrie Underwood, and Martina McBride. As a fan of country music new and old I feel safe in saying her voice and songs would be very popular amongst today's country music scene and outside of the spectrum. The raw talent in her voice most likely comes from singing classical music and gives her a good vocal range to hit notes most amateur singers are not familiar with.

Ollis will be performing on November 3 at the Spruce Street Tavern in Clinton, MA and at the Order of the Holy Sepulchre in Newport, RI on November 17. For more show dates or to hear her music for yourself she can be found on FaceBook or on her website www.erinollismusic.com.

She stopped by recently us a live acoustic performance outside our office in the student center. You can check it out our website www.wsstudentvoice.wordpress.com or our FaceBook page.

WSU Fashion: Comfort Meets Appropriate Dress

By: Lola Ogunjobi

Being a part of the Worcester State community could definitely make one feel as if they are completely invisible as they pass many unfamiliar faces on a day to day basis. One way that we distinguish ourselves amongst a sea of people is by the way we dress, yes, by fashion.

It is not always the latest styles and trends that catch a person's attention, but often it is an individual's personal style [or lack thereof].

Walking around the WSU campus, many times it would seem as though the majority of students have just rolled out of bed. This stereotypical student dons the unofficial college uniform; a pair of sweat/yoga pants, maybe a pair of Ugg boots or sneakers, and the ever-present sweatshirt or Northface jacket.

These items of clothing may seem comfortable, but what do they really say about you? What story does your fashion choice tell? As some would say, the idea of growing up also means to "dress for success". Consider collegiate life a dry run for your post-grad years.

Being comfortable does not mean that there has to be a slack on style and trying to look your personal best. There are students that seem to have achieved the goal of comfortability, as they are seen going from class to class in their own styles, which could lead a person to make positive assumptions about one another.

You never know when an opportunity will arise, would you really want to be caught in what you wore to sleep last night? The challenge is to impress yourself, and to dress for success. The possibilities are endless.

Ready, set, get fabulous (or devilishly handsome)!

Example of comfortability without the "Hot Mess" Factor:
Nina Healy a WSU Junior
"I wouldn't really go out in sweats unless it was a dire situation. But I love to dress well, but still be comfortable in what I wear. Fall is the time to pull out the big comfy sweaters and boots."

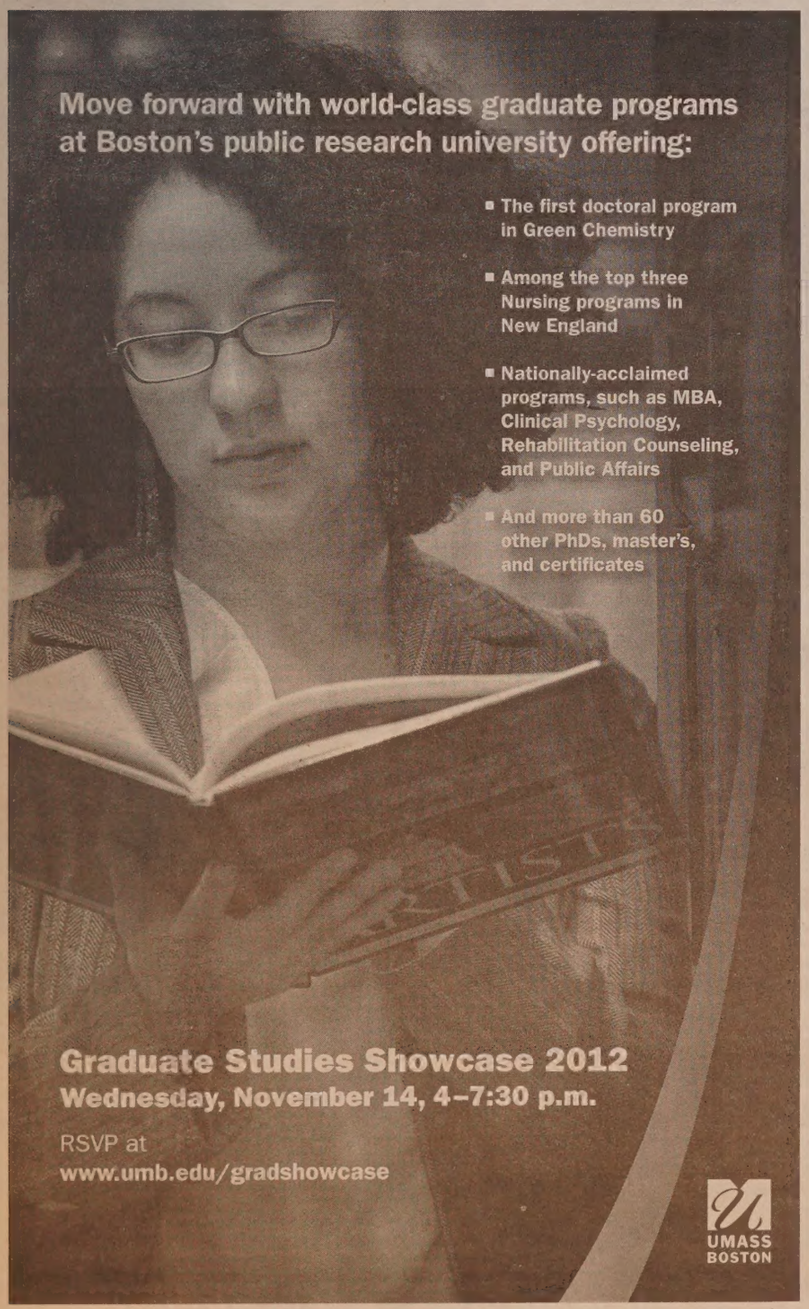
Continuation of Binaural Beats on page 5

beat patterns played in the background of a song. A pure, robotic, pulsing sound puts some people off, so having it masked in atmospheric music might be more your thing. I find that the songs people have made that incorporate binaural beats are great for meditation and relaxation but distracting for study. Search YouTube for "binaural beats study" and you'll get the right stuff. Also, one of the most effective examples of this is on the Wikipedia page if you just search "binaural beats." It's a sound file near the top of the page. It doesn't come up on the Smartphone version of Wikipedia so use your laptop.

Long-term effects of binaural beat use include increased neuroplasticity, which is your brain's ability to form new neural connections – a very good thing. Unverified claims are that binaural beats help with memorization, quitting smoking and even improving athletic performance. Though none of these are verified, I listen to these things all the time and I'll tell you I believe it. I'm actually even listening to binaural beats right now and have been throughout the construction of this entire article. Fancy that. Once you try these don't be surprised if you never want to read, study or write a paper without them again. You're welcome.

By, Ashley Arseneau

WSU Cheerleaders at Homecoming during the Football game against Fitchburge State.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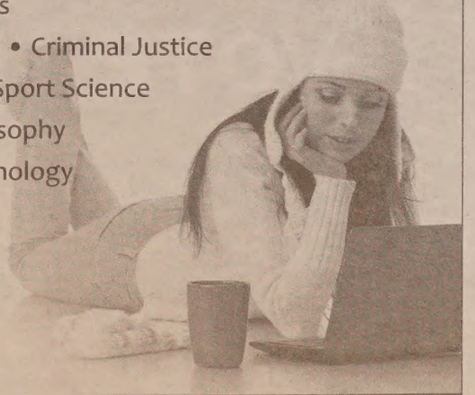

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Volume 4, Issue 3

The Student VOICE

The Official Newspaper of Worcester State University

December 4, 2012

Who Knew About Woo U: President Maloney

By Joseph P. LaBaire

I recently had the opportunity to sit down with the president of our university, Barry Maloney, for an interview. Although he is a very busy man, he always has time to sit down and talk with students. In the short amount of time I spent talking with him, I learned that he is a genuine human being who is honest and caring. For every question I asked, he had a well spoken, meaningful response. Though a professional about his work, he was not afraid to laugh while answering my questions, showing a different side of himself from his role as Worcester State University President.

When asked where he got his passion to be so involved with students and the experience they have here at WSU, President Maloney explained to me that it all stems from his upbringing. Both his mother and his father were involved in the field of education for more than 30 years. From an early age he witnessed both the challenges as well as the rewards that individuals in the field of education face. He was able to see the magic of education and how rewarding it can be when you witness a child learn something new and that look of wonder rushes over their face.

President Maloney began his career in higher education at Westfield State University where he worked in Student Affairs. Although this was not the field he had intended to work in, his "plan B" as he called it, President Maloney quickly learned to love his job once he let go of the idea that his first career choice, plan A, was a better field to work in. He loves working

Continued on page 3

WSU Water Main Break Closed School For Additional Two Days

By Ashley Arseneau

On November 12 a water main break occurred in front of Worcester State University midday during the scheduled day off on observance of Veterans' Day. The campus remained closed for two more days while repairs and water restoration occurred and classes and campus operations began again on Thursday November 15.

Electricity was shut off as a precaution while repairs were made. Resident students who had remained on campus for the long weekend were sent home and not allowed to return to the dorms until the evening of Wednesday November 14 when water and electricity were both fully restored.

Water service was shut off for most of the city on the evening of November 12 in order to fully fix the break. The break was fixed by the following morning and restoration of water power was slowly restored to normal. A 24 hour water boil order was issued to city residents to make sure water was safe for human use.

The Ghosh Science and Technology Building suffered some flooding but all water was removed quickly and the affected areas were fully cleaned and sanitized. No other University buildings suffered any flooding. Water also flooded across the front of campus outside but quickly was cleared up. The Massachusetts Building Inspector was on campus for two days to make sure everything was safe.

The WSU community was alerted by multiple forms of communication throughout the ordeal whenever an update was available.

Tips For Relieving Stress Throughout Your Day

By Marissa Robertson

We are constantly given advice on how to reduce stress throughout the school year, but as someone who is prone to everyday anxiety, I have often found myself wondering how to reduce stress during the day, while I'm actually at school. Even though these tips may prove useful with upcoming due dates and exams, these are tips that can specifically be used anytime and anywhere.

1) Breathing – This is number one on the list because I believe it to be the most effective and important tip. Obviously we all breathe in order to survive, but surprisingly, according to an NPR article on breathing and stress relief, most of us are not breathing correctly to reduce stress and to benefit our health as a whole. According to NPR, breathing in certain ways can either energize us or calm us down, as well as "...affect the heart, the brain, digestion, the immune system — and maybe even the expression of genes." In order to reduce stress, breathing "can be used as a method to train the body's reaction to stressful situations and dampen the production of harmful stress hormones." I often find myself stuck inside for at least three hours every day, which is stifling, overstimulating, and exhausting. My favorite time to implement deep breathing is outside; whether it's between classes, walking to my car, or even driving to work with the windows down. There is nothing more satisfying than a rush of cool, clean air to the lungs, heart, and mind. For more information and deep breathing exercises, visit NPR's site: http://www.npr.org/2010/12/06/131734718/just-breathe-body-has-a-built-in-stress-reliever

2) Drink Water and Snack Throughout the Day - By mid-afternoon, I often find myself frazzled and agitated, with an excruciating headache. On days when this becomes the case, it is almost surefire that I haven't drank enough water during that day. I've actually (generally) stopped taking pain-relief medication for headaches all together; I find that much of my stress is heightened, which results in headaches, from a lack of water, which proves to be an always successful cure. According to an article on WebMD, being dehydrated can actually increase stress levels, which results in an endless cycle. The same goes for food, as well. When I say snack, I don't mean chips and cookies and "granola" bars full of corn syrup. Eating healthy foods throughout the day can help to keep you energized and thus reduce stress levels. I suggest nuts, peanut butter, fruit (especially blueberries – they're a brain food!) and healthier alternatives to the sugary snacks we so

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Who Knew Woo U continued from page 1

with students because it allows him to help them fulfill their dreams.

He mentioned that he is a believer in karma. He believes that by helping others succeed, then he too will succeed. The lasting relationships that he has made, and still maintains, with the students from Westfield State over the last 20 years has proven to him that his career choice was the right one.

When asked what he believed was the most important piece of knowledge that a student could leave college with, he had a few things to say. First, he said that they should know that the "world is getting smaller by the day." Students should learn how to "get out in the world" and sample everything that life has to offer, they are "responsible for their own experiences."

"College is supposed to introduce students to three things, new places, new people, and new ideas." President Maloney said. Although you may never go to the places or meet the people that you learn about, simply knowing they exist makes will make you a better, well rounded individual. Lastly, he made it clear that college students "should utilize every resource available to them" not only on campus, but everywhere. Do not miss out on opportunities! Whether it is student activities or things like career services, use them while they are available.

I followed this question up by asking the president what he believes the biggest challenges for students will be once we graduate and how we can better prepare for them. He replied quite simply with "be more flexible." He said that the "old ideas of graduating, moving back home and being successful in a career are fleeting." We have to start looking elsewhere for work. "If a job happens to be somewhere far away from home, will you go?" the President asked. This is a question that future graduates must start asking themselves and preparing for. Along with those thoughts, President Maloney also said that "students must learn to be persistent." He also said, "Students should not become discouraged if they don't land a job right away and they should always try to find the good in every bad situation."

After a few serious questions I decided to change the pace and get to know the President a little better. I asked him what he would like to be doing if he was not the president of our fine university. He said, "Today? Sitting on the beach" followed by laughter. He went on to tell me about his dreams of being a basketball player when he was younger growing up in the Springfield, MA area.

In the end though, President Maloney loves the field of work he is in and if he was not the president, he would still like to work in higher education. "I don't do it for power" he said, talking about his Presidency. He simply feels that he is best candidate for the position and he believes he can bring a fresh change to Worcester State.

When his presidency is said and done with, President Maloney would only like to be remembered as "a good person." He wants people to know that he cared about them and respected them. If asked this question some years back he said, "My answer would have been different." What that answer would have been he could not say for sure, but he will know he has done his job right if he leaves Worcester State a better place than it was before he came through the doors.

Before I left his office, I asked the president if there was anything else he wanted to add to the interview. He said, "I'm enjoying being this university's president" and although he has only been here for 17 months, he said "things are looking good." As long as he does his job he believes that "things will take care of themselves." And then he left me with some words of wisdom. He said that I should "take risks now, while I'm young." Also to try as much new stuff as possible and to be able to tell a good life story if the opportunity ever presents itself. In his eyes, it is not the person who has the job experience who always gets the job, sometimes it is the person who has the most life experience and has made mistakes, and learned from them.

President Maloney's door on the 2nd floor of the administration building is always open and he always finds time to talk to students. I learned a lot during my interview with him and am grateful to have had the opportunity. Take President Maloney's advice and use it to your advantage. Sometimes the most important lessons in life are free. However, it is up to you to listen.

Box of Vox

The Rebellion

By, Lacey Young

At 11:03 a.m., men began to scratch their faces.

Upper lips were itching globally and inexplicably.
Scientists scrambled to find explanation,
but none succeeded because

At 12:41 p.m., the mustaches attacked.

They strangled, throttled, suffocated, and choked the men who'd grown them,
and when their gruesome deeds were done,
they bid their noses au revoir and charged the world abroad.

Carnage and confusion poured forth from the collusion in a broiling, vast effusion
the likes of which have not been seen since the first Bush election,
and, armed with the prestige and ruggedness the facial hair'd been storing,
each burly bristle bristled with the glory of gory warring.

Only one group of people was prepared for the assault.
Nitpicking mothers phalanxed in the streets, screaming their mantra—
"JUST LET ME TRIM IT UP, SON!"
In their hands thrashed combs and picks and gel and razors
clipping, grooming, pruning back until

At 5:00 pm, all that remained of the mutinous mustaches

was a flurry of short hairs and men's naked mustache gashes

Winter Session

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Fashion At The Woo: BUNDLE UP

By Lola Ogunjobi

Sojeong Park- WSU senior
"I dress in anything comfortable but interesting".

Her outfit showcases comfortable style, while still adding a touch of personal flair. She took a fashion risk with wearing shorts in nearly winter weather, but added tights for comfortable warmth while still looking cute.
A+ Stay fabulous Sojeong

The end of the fall semester is right on the horizon, tired yet? As students walk from class to class in the cold autumn and winter weather, there is much opportunity to get discouraged and begin to slack on style. By slack, I mean starting to consider sweats as ones new uniform. And that simply is not an option.

We may be looking to a couple months of chilling temperatures, but as these months pass by, we are all getting that much closer to our inevitable graduations. This means that sooner than we know it, this means that we will all be in the real world and have to dress as a professional on a daily basis, no matter the weather situation. So leave the sweats and yogas at home!

Boots, sweaters, scarves, and other knitwear have been seen prevalently on campus as a more fashionable means of acclimating to the cold weather. And for the men of Worcester State, long sleeves and jeans have become the outfit of choice for those who choose to venture away from basic sweatpants and sweatshirts. For those who have taken to the cold weather, and remained presentable, hats off to you.

It may be cold and windy, but remaining presentable in public is a must. Definitely bundle up and keep warm, just remember to do so in an impressive manner.

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uc.umb.edu/winter/
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UMASS BOSTON

Admit It – You Picked This Newspaper Up to Look Busy

By Thom Friend

Today I will venture to share with you a short anecdote regarding an incident that occurred right here on campus last autumn. I did something strange, something we are urged not to do, something that makes us ill at ease; I made conversation with a stranger. I know, "big deal," right? But I think that in a way, it has become one.

In a society with an increasing population density and a frightening number of electronic distractions, conversing with strangers has become something that we are encouraged to actively avoid. We do not have to speak face-to-face with people because we can just call them. If that is too much, we could always just shoot them a text message. Automated check-out lines at the grocery stores insure that we are not forced to have that terrifying conversation with the clerk about whether we want paper or plastic. When our parents call the doctor's office for an appointment, they grumble about having to speak with a "robot," whereas when we find that a business has an automated operator, we breathe an inward sigh of relief that we will not have to deal with a human being. I am sure you have noticed and participated in these kinds of human avoidance situations even here on campus. For example, on the first day of class, when everyone is standing in the hallway waiting for the professor to arrive, you might look around and find that every pėrson is typing feverishly on their cellphone.

One chilly fall day last year, I was walking to my super-secret, never-fails, parking spot on May Street. As I was leaving the South entrance of campus, I noticed that directly in my path was a man hanging from a tree branch with his feet lifted off of the ground. As I walked past him, my initial thought was "in a few minutes I'll be posting to Facebook, Twitter, Tumblr, etc., about how I came across this weirdo hanging from a tree on campus." It was at that time that I realized how indoctrinated with social technology I had become. I walked by him as I thought this, thinking that I might just forget about it. But then I analyzed the situation; I was curious about something, and the only thing that was stopping me from finding the answer was this bizarre fear of sparking up conversation with strangers. I turned around, approached the man, and said, "Hey, what are you doing up there?" He relinquished his hold on the horizontal branch, and responded (and I'm paraphrasing here) "Hello. You see, I have arthritis and it gets bad this time of year, especially in my back. When I stretch it out it feels much better." This led to a nice conversation about how my father is also arthritic and we then discussed various little techniques to help with the pain, exchanging useful information.

When it eventually came time for me to say goodbye, I realized that this was yet another opportunity to cross this imaginary social boundary that our generation has been drawing. Normally, I would have just said, "Well, I've got to get going, see you later." But I thought about how this man is struggling with something, and seeking alternative ways to cope with it. I felt a little proud and encouraged by him.

"Hey, man. Don't ever let this arthritis thing get you down," I said as I walked away.

"Oh, I won't. It won't beat me," he responded with unruffled reassurance.

I have not seen that fine gentleman since that day, one year ago, but I learned a valuable lesson from him. If we inflict upon our children the notion that strangers are to be avoided and feared, and if we cling to our distractions as a means to elude them, they may avoid some undesirable situations in life.

However, they will also miss out on opportunities to make new friends; learn new things; and experience one of those basic needs of being human, relating to others. They might grow up seeing anyone they do not know as an enemy, someone who is quietly judging them and making assumptions; they will become so involved in interactions with their cellphones and computers that they will forget how to interact with their peers; they will turn into the angry drivers who beep at me when I do not hit the gas fast enough when the light turns green (I am just conjecturing here).

Now, none of this is to say that there is anything wrong with being shy or introverted. And besides, to say that you are either social or antisocial would be dichotomizing an issue which we know is much more complex than that. Sometimes we all like to keep to ourselves, and certainly everyone is different. But there appears to be (and I am no social scientist, and this is not one of those types of articles) some evidence to suggest that encouraging these distractions and avoiding strangers has had a negative impact on society. I have heard my generation is the most well-connected generation in history, but that it is also the loneliest, as we grow further away from family and friends and closer to our battery-powered addictions.

So, what I am urging you to do is simple (in theory): turn off your phone and go say "hello" to a man hanging in a tree (or anyone for that matter, so long as you have used some degree of discretion in choosing when and where is a safe place). I have never found that anyone has come out for the worse in attempting to slightly expand their comfort zone. And personally, I find that challenging yourself in small ways like this is one of the most rewarding things you can do in an average day. Perhaps you are missing out on an opportunity right now. You might even only be reading this article in order to avoid eye-contact and conversation with the stranger standing nearest you. If that is the case, don not worry, my feelings are not hurt. But, I would urge you to put the paper down (in your backpack, to save it for later of course…) and make a new acquaintance. And even if it does not go well the first time, give yourself a small pat on the back anyway; it will only get easier from here, and you have embarked on a journey of questioning the socially-constructed norms that we often accept so mindlessly in our society. As Edward Abbey said, "Society is like a stew. If you don't stir it up every once in a while then a layer of scum floats to the top."

Puzzle Answers

1 C	2 H	3 I	4 R	5 P	■	6 L	7 O	8 I	9 R	10 E	■	11 T	12 E	13 A
14 R	A	R	E	R	■	15 O	N	S	E	T	■	16 H	E	P
17 T	H	E	M	E	18 A	N	T	I	M	E	■	19 E	R	R
■	■	■	20 A	M	I	G	O	S	■	21 R	22 A	M	I	E
23 A	24 L	25 G	I	E	R	S	■	■	26 U	N	D	O	E	S
27 B	L	O	N	D	S	■	28 C	29 U	P	I	D	S	■	■
30 L	A	O	S	■	■	31 A	L	L	O	T	■	32 T	33 O	34 W
35 E	N	D	■	36 U	37 N	C	A	N	N	Y	■	38 P	R	E
39 R	O	M	■	40 N	O	R	M	A	■	■	41 C	A	I	N
■	■	42 E	43 D	D	I	E	S	■	44 S	45 H	A	R	E	D
46 P	47 R	A	Y	E	R	■	■	48 G	H	O	S	T	L	Y
49 L	O	S	E	R	■	50 M	51 E	R	I	T	S	■	■	■
52 E	M	U	■	53 E	54 V	E	R	A	N	D	A	55 D	56 A	57 Y
58 B	A	R	■	59 A	E	S	O	P	■	60 O	V	U	L	E
61 E	N	E	■	62 T	E	A	S	E	■	63 G	A	G	E	S

Continuation of Tips For Relieving Stress Throughout Your Day on page 2

often consume. For more information visit: http://www.webmd.com/diet/features/water-stress-reduction

3) Take Small Breaks – As someone who gets overstimulated quite easily from things such as bright lights, too many people, and intense atmospheres in general, I find that taking small breaks throughout my day really helps me to calm down. Try to plan a schedule that allows for some quality re-charge time throughout your day, even if it is just ten or twenty minutes sitting in the cafeteria or your car. Constantly pushing yourself all day long will only result in physical and mental exhaustion in the long run. If I have time, I will often try to fit in at least one cup of tea (or any warm beverage) sometime during the day. During this time, I will only allow myself to focus on mental clarity and what I am doing at the present moment – this is known as mindfulness - which brings me to my next tip.

4) Practice Mindfulness – Mindfulness is defined as "a kind of non-elaborative, nonjudgmental, present-centered awareness in which each thought, feeling, or sensation that arises in the attentional field is acknowledged and accepted as it is." Dwelling on past events or how much work you have in the near future can only lead to mental and physical stress Attempt to appreciate and accept your current feelings, whether "positive" or "negative," surroundings, thoughts, and self for what they truly are. Part of my personal attempt at mindfulness is breaking away from technology – especially my cell-phone. Having a cell-phone constantly on and buzzing is distracting and stressful for the mind. Even though I bring my phone to school with me, I turn it off for at least 3 hours most days. Attempt to give yourself a break from technology and pay attention to if and how your stress reduces.

5) Outdoor Time – Finally, I suggest getting some outdoor time each day. For many of us, this can be difficult, as we are on tight and demanding schedules. To guarantee I get some outdoor time each day, I have started parking on May Street, allowing for at least a 5 minute walk to campus. And even though the walk from May Street to campus may not be the most eye-pleasing, studies show that even glancing at photos of trees can help reduce stress. From my perspective, I'll take what I can, even if it is walking through a suburban neighborhood to campus. There is still plenty of nature there to appreciate.

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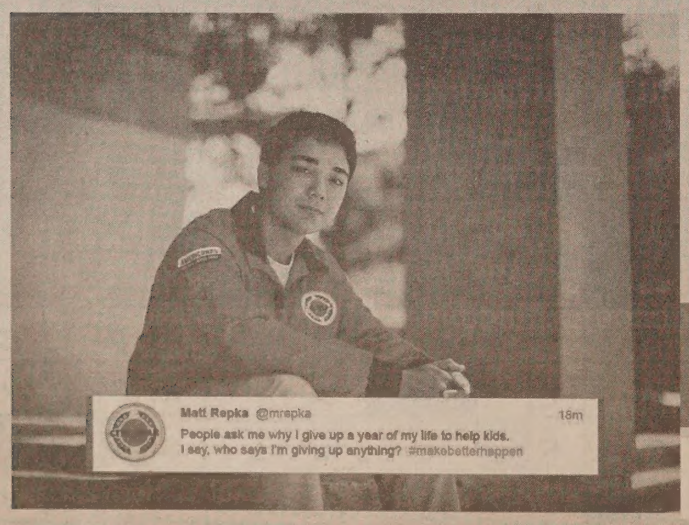
Matt Repka @mrepka
18m
People ask me why I give up a year of my life to help kids. I say, who says I'm giving up anything? #makebetterhappen

City Year Boston would like to congratulate Lauren Hassett, '13 (History) and Connor O'Neill, '13 (Mathematics) for deciding to #makebetterhappen for our youth in schools next year!

If you want to be a tutor, mentor, and role model for students that need you next year, visit www.cityyear.org

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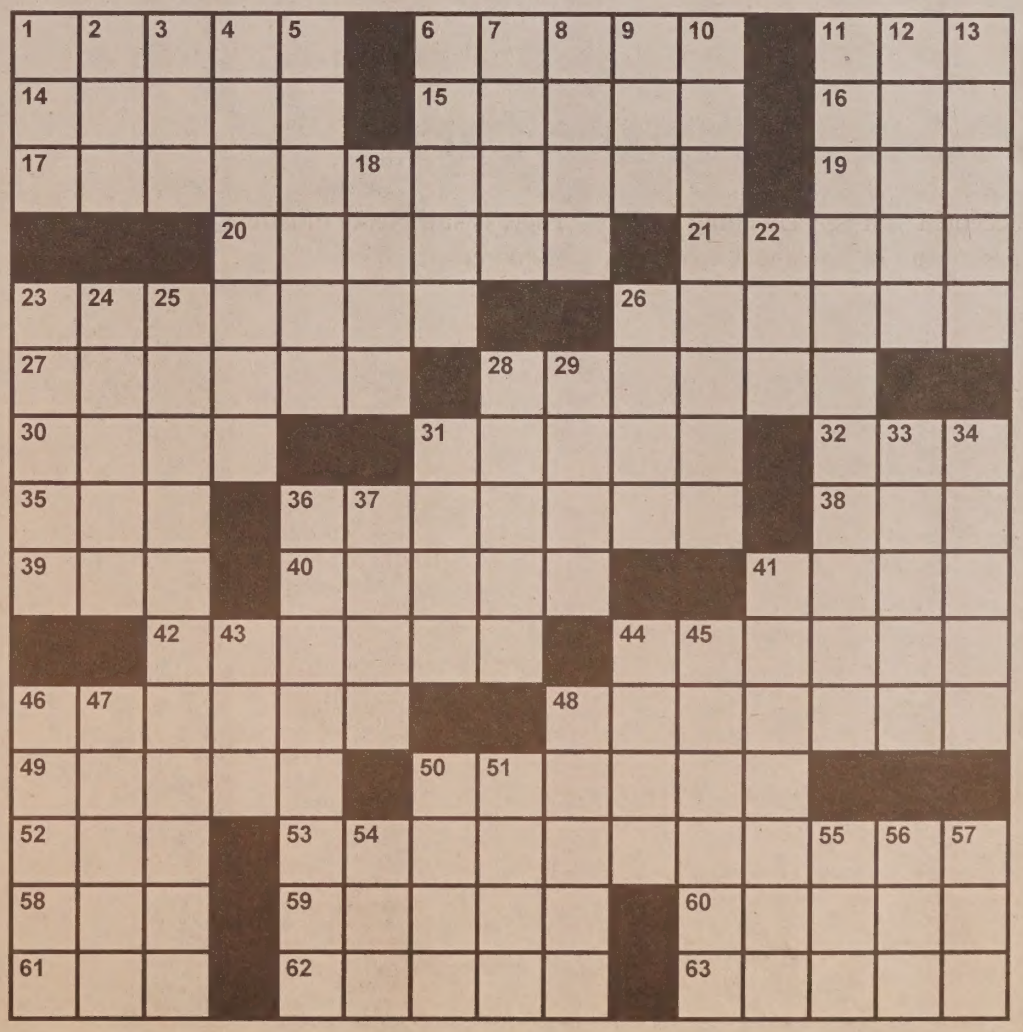
FOR FOR FOUR
By Irma Afram

ACROSS

1 Baby bird call
6 French river known for its valley
11 It goes with crumpets
14 Less common
15 Commencement
16 Like some jazzy cats
17 (For) now
19 Commit a faux pas
20 Barcelona buddies
21 Strong silklike fabric
23 North African port city
26 Annuls
27 Fair-haired men
28 Many are spotted around Valentine's Day
30 Thailand's neighbor
31 Assign as one's share
32 Auto club offering
35 Word with "living" or "dead"
36 Beyond the ordinary
38 Historic introduction?
39 CD-___
40 ___ Jeane (Marilyn, originally)
41 Biblical brother
42 Cantor and Murphy
44 Apportioned
46 Divine entreaty
48 Spectral
49 Defeated rival
50 Has coming
52 Hatchling from a green egg
53 (For) time without end
58 Setting for many jokes
59 Greek writer of fables
60 Seed-to-be
61 112.5 degrees from S
62 Purposely stay just out of reach, e.g.
63 Light-green plums

DOWN

1 Display monitor on an ATM
2 "Don't make me laugh!"
3 Feeling of fury
4 Sticks around
5 Course of study for future docs
6 Suit sizes for the tall
7 "Hang ___ your hats"
8 Tut's fertility goddess
9 Dreamy sleep stage
10 See 53-Across
11 (For) over fifty percent
12 Like a haunted house
13 ___-ski (post-slopes relaxation)
18 Snooty attitudes
22 Say further
23 Better-qualified
24 Grassy plain
25 (For) more than what's needed
26 "... ___ a midnight dreary"
28 Chowder morsels
29 It has a humerus side
31 A little of a large lot?
33 Built-out window
34 "Peter Pan" girl
36 Starve oneself
37 Word after "film" or "cafe"
41 Source of tapioca
43 Hair coloring
44 Bone below the knee
45 Ballpark buy
46 First-year cadet
47 Caesar or Antony, e.g.
48 Fruit of the vine
50 City east of Phoenix
51 Love archer
54 Gaggle formation
55 Used a backhoe
56 McSorley's Old ___ House
57 "You bet!"



Lancer Nation; Making Worcester State Pride Work

By Marion Calabro
Senate Correspondent

Worcester State Student Senators are searching for WSU's spirit. WSU is characterized by its hard working students, dedicated faculty, and student oriented administration. Despite many assets, Worcester State lacks a unified school spirit. Lancer Nation aims to change that.

With so many commendable things at Worcester State ranging from academics to student activities to athletics; it seems surprising that there is not more WSU pride visible on campus. Lancer Nation is a student run committee aspiring to develop existing pockets of pride on campus into a more conspicuous part of the community.

Charles Davis '15 and Cameron Pramas '14 are leading Lancer Nation, a new ad-hoc committee of WSU's Student Senate. The committee is comprised of 15 senators who meet weekly striving to create a tangible path towards Lancer Nation's goal.

"Worcester State is going through huge changes [during] the next couple years and this is the perfect time to bring changes to our school pride", said Charles Davis on the timing of Lancer Nation. He continued, "Students supporting other students [helps] them [find] a place and feel part of something"

Cameron Pramas said ,"I hope to see other students become involved in Lancer Nation as it progresses," speaking to his desire to see Lancer Nation move beyond a Senate driven initiative. According to both Co-Chairs the crux of any school spirit initiative is within the student body.

When asked on the means of accomplishing an increase in school spirit Pramas responded, "[Lancer Nation] hopes to host a number of events that students attend."

Currently, Lancer Nation is working in conjunction with WSU student groups: SEC and LVTV, on a large scale "Spring Event" which will be announced in the coming weeks.

"Every school has "that thing" that [students] talk about and want to be a part of and this is what we hope Lancer Nation turns into." Says Charles Davis.

While students involved in student activities or athletics have opportunities to form communities on campus, a universal increase in school spirit would allow the entire student body to connect with one another over a shared Worcester State University pride.

Lancer Nation currently has its own facebook page at: http://www.facebook.com/wsulancernation and in the process of launching a twitter page: @wsulancernation

If you are interested in involvement with Lancer Nation or have any questions contact them through the SGA at sga@worcester.edu

UNIVERSAL Sudoku Puzzle

5			9					2
9					6	5		
		7	4	5				
7		9		4	3		2	
		5				4		
	2		1	9		3		5
				2	4	6		
		6	7					8
2					5			3

Complete the grid so every row, column and 3 x 3 box contains every digit from 1 to 9 inclusively.

DIFFICULTY RATING: ★★★★★

12/16

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